ENTIRE TRAVEL GROUP

VIEW PACKAGE







SRI LANKA

REJUVENATION & WELLNESS IN SRI LANKA (TOUR CODE: 11547)

STARTS AND ENDS	TRAVEL PERIODS	EXPERIENCE	TRAVEL STYLE
in Australia	until April 2027	Wellness Wildlife	Independent Holiday Packages

Unwind and restore balance with a journey focused on wellness, gentle exploration, and serene landscapes. Designed to slow the pace and reconnect body and mind in inspiring surroundings.

Highlights

- **Dedicated Wellness Stays** – Focus on rest, spa treatments and slow travel
- **Sigiriya & Pidurangala Balance** – Gentle activity paired with scenic mindfulness moments
- **Minneriya Safari** – Soft wildlife element without over activity
- **Calm Cultural Exploration** – Limited destinations to avoid pace fatigue
- **Ideal for Wellness Focused Travellers** – Suitable for yoga, spa and slow travel audiences

Entire Bonus

This holiday package is carefully designed by our team to give you complete Peace of Mind, with access to trusted local partners and expert support at your destination.

Leave your worries and stress behind as you reward yourself with a revitalising experience in Sri Lanka. This 8-day private escorted package is filled with holistic activities such as yoga, sauna and an array of traditional treatments that gives you relief and tranquility while enjoying the beautiful attractions of Sri Lanka. Your journey starts at Negombo where you'll have the whole day to enjoy at your own leisure. Then you'll spend 3 nights at Sigiriya including a special ayurveda treatment, morning yoga, cookery demo and pottery lessons.

You'll continue this refreshing experience in Kandy where you'll spend another 3 nights that includes a special ayurveda treatment as recommended by the spa consultant, sunrise and sunset yoga, use of sauna and steam and salt bath.

INCLUSIONS

- Return Economy Class Flights with Sri Lankan Airlines ex Sydney/Melbourne
- 1 night in Negombo at Ayuda Negombo in a Deluxe Room - ★★★★★
- 3 nights in Sigiriya at Amuna in an Eco Dwelling - ★★★★★
- 3 nights in Kandy at Santani Resort & Spa in a Mountain View Chalet - ★★★★★
- Private transfers with English speaking driver guide
- Breakfast in Negombo
- Breakfast, Lunch and Dinner in Kandy and Sigiriya
- Wellness Treatments in Kandy
- Jeep safari at Minneriya National Park
- Pidurangala Rock

ITINERARY

Day 1 Airport Negombo

Upon arrival in Sri Lanka, you will be greeted and transferred to Negombo, just 25 minutes away, where you'll check in at your resort and enjoy the rest of the day at leisure. Nestled on the peaceful west coast, Ayuda Wellness in Negombo offers a serene sanctuary for holistic healing, combining traditional Ayurvedic practices with modern wellness techniques. Here, you can unwind with personalized massages, herbal therapies, yoga, and meditation, all guided by skilled practitioners. With its calming atmosphere, fragrant oils, and refreshing ocean breeze, Ayuda Wellness provides the perfect setting for deep relaxation and rejuvenation.

Overnight stay in Negombo at **Ayuda Negombo** in a Deluxe Room.



NEGOMBO BEACH

Day 2 Negombo Sigiriya

Enjoy breakfast at the resort.

Afterwards, you'll head to Sigiriya (approximately 4 hours travel time) and check in at the resort. Spend the rest of the day at your leisure.

Amuna Sigiriya is a serene Ayurvedic wellness retreat surrounded by lush greenery and peaceful paddy fields near the iconic Sigiriya Rock. Grounded in authentic Ayurvedic principles, it offers personalised healing programs focused on detoxification, rejuvenation, and restoring mind–body balance. Guests can enjoy customised treatments, herbal therapies, yoga sessions, and meditation, all designed to work in harmony with nature. With its eco-friendly architecture, organic gardens, and tranquil setting, Amuna provides an ideal sanctuary for those seeking a genuine Ayurvedic escape and a deeper connection to Sri Lanka's natural and cultural beauty.

Overnight stay in Sigiriya at **Amuna** in an Eco Dwelling.

Breakfast, Dinner


SIGIRIYA

Day 3 Sigiriya

Enjoy breakfast at the resort.

Today, you'll enjoy some **wellness retreats** at the hotel. Spend the rest of the day at your own leisure.

Overnight stay in Sigiriya at **Amuna** in an Eco Dwelling.

Breakfast, Lunch, Dinner

Day 4 Sigiriya Minnerya Sigiriya

Enjoy breakfast at the resort. After breakfast proceed to Pidurangala Rock (Approx. 20 min drive).

Afterwards, you'll take a **Jeep Safari at Minneriya national park**. The park covers 8,890 hectares and consists of a mixed forest of evergreen shrubs, a favourite habitat for animals, which include leopards, deer and wild elephants. You can also see huge flocks of birds, including cormorants and painted storks that come to fish in the shallow waters.

Return to the resort and spend the rest of the evening at your leisure.

Overnight stay in Sigiriya at **Amuna** in an Eco Dwelling.

Breakfast, Lunch, Dinner


MINNERIYA NATIONAL PARK

Day **5** Sigiriya Kandy

Enjoy breakfast at the resort.

Today, you'll proceed to Kandy (approximately 3 hours drive) and check in at the resort. Spend the rest of the day at your leisure.

Overnight stay in Kandy at **Santani Resort & Spa** in a Mountain View Chalet.

Breakfast, Lunch, Dinner

Day **6-7** Kandy

Enjoy breakfast at the resort.

Experience some wellness retreats at the hotel.

Overnight stay in Kandy at **Santani Resort & Spa** in a Mountain View Chalet.

Breakfast, Lunch, Dinner

Day **8** Kandy Airport

Enjoy breakfast at the resort.

You will then be transferred at the airport for departure.

Breakfast

ACCOMMODATION

Ayuda Negombo

Negombo

Located by the ocean in Negombo, Ayuda Sanctuary Boutique offers a peaceful coastal escape just a short drive from Muthurajawela Visitor Centre and Guruge Nature Park. The resort is 17.2 km from Negombo Beach and 10.7 km from Muthuraja Wela, making it an ideal base for nature and beach lovers.



Amuna Ayurveda and Wellness Retreat

Sigiriya

Surrounded by the lush landscapes of Dambulla, Amuna offers a peaceful retreat where traditional Sri Lankan living meets modern wellness. This serene hideaway invites guests to reconnect, heal, and rejuvenate through experiences inspired by Sri Lanka's rich heritage.



Santani Wellness Resort & Spa

Kandy

The superb wellness retreat you can find, where you can leave stress & enter this haven to have a world of rest & relaxation.



ADDITIONAL INFORMATION

OFFICIAL LANGUAGE	LOCAL CURRENCY
Sinhala and Tamil	Sri Lanka Rupee (Rs)

FROM price reflects the lowest available price within the advertised travel period (e.g. April to October). Pricing varies depending on travel dates, availability and demand, and may not be available on all departures. Higher pricing applies during peak and shoulder periods. Final pricing is confirmed at the time of enquiry or booking. Please refer to **Pricing & Price Conditions** for full details, including inclusions, exclusions and other conditions.